



# Get Fit Team Challenge Contest Guidelines

**\*Registration must be received by 4 pm on January 7th to ensure Get Fit participant materials. Registration forms are available at the United Way or YMCA. Drop off or mail your registration form to United Way, 301 North Main Street, PO Box 605, Austin MN 55912**

## Get Fit Team Challenge

- \*Contest is based on team percentage of weight loss, exercise and good nutrition points combined. It is important for each team member to weigh in and weigh out. Every ounce counts. Get Fit teams will be discounted points if any member of their team does not attend weigh in, mid-point or weigh out. Prizes will be awarded to one overall team with the largest percentage of weight loss and points combined. Bonus points are given for attending Get Fit/Be Fit events/seminars.
  - \*Cost to participate is \$10 per team member. Each participant will receive a T-shirt, event calendar, FAQ's and contest guidelines at weigh in. T-shirts are optional however the cost to participate is \$10 whether or not you order a T-shirt.
  - \*Teams must be between 4-8 people. Any teams over 8 will be divided by United Way.
  - \*There are 3 official weigh ins: Kick off January 14th, a mid point on March 4th and final on April 22nd.
  - \*Every member of your team must weigh in at the mandatory weigh ins. This year there will be point deductions for team members who do not attend all three weigh ins or make prior arrangements with United Way. Members who do not weigh in will be removed from the team for the purposes of point calculation, a pound will be added to the team weight for any member not participating in the mid-point weigh in and 500 activity points will be deducted for each member who does not weigh out.
  - \*T-shirts are not exchangeable. Shirts are 100% pre-shrunk cotton. Log onto our website to see the T-shirt.
  - \*If you do not have a team and want to participate in Get Fit you will be placed on the United Way team. ALL communication will be electronic.
  - \*All weights taken are completely confidential and are used only for the purpose of determining team winners.
  - \*Exercise points are tiered. Visit [www.uwmower.org](http://www.uwmower.org) to find out how many points your exercise is worth. Click on Get Fit. Points can be entered in daily, weekly, monthly online. It is not mandatory to update but you must update your points to get an accurate picture of where your team is in the standings.
  - \*Weigh in times and locations. Remember you MUST weigh in at the location you selected on your registration form in order to receive Get Fit materials. If you can not make weigh in on January 14th, please contact United Way at 437-2313 to make other arrangements.
- YMCA: 6am-7pm for anyone      Hormel CON: 10:00-12:00 (emp only)      Hormel COS: 8:00-9:30 (emp only)  
Hormel Plant Medical Dept (emp only)      AMC: 8am-3pm (anyone in Patient Ed)      Grand Meadow Clinic: 8:00-12:00      Adams Clinic (8:00-12:00)
- \*United Way of Mower County is not responsible for any injuries or illnesses associated with participating in the Get Fit Healthy Living Challenge. By registering for Get Fit participants are admitting they are responsible for their health and are qualified to participate. Minors must have approval of parents to participate.
  - \*You can download all forms from United Way website at [www.uwmower.org](http://www.uwmower.org) just click on Get Fit. You can also call our office at 437-2313 with any additional questions.